



# Newsletter

**Monday, January 14, 2013**

**2013 Older Americans Month Theme: *Unleash the Power of Age***

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### **Growth of Health Care Spending Remains at Historic Low**

*HealthCare.gov Blog* by Kathleen Sebelius, Secretary of Health and Human Services

Recently we got some very good news when the official numbers for health care spending were released. New statistics from the Centers for Medicare & Medicaid Services show that the overall growth in health spending was at a historic low for the third year in a row. According to the annual Report of National Health Expenditures, total U.S. health spending grew 3.9 percent in 2011. That's the same rate of growth as in 2009 and 2010, and in all three years spending grew more slowly than in any other year in the 51 year history of the report.

As a share of our nation's Gross Domestic Product (GDP), overall health care spending also remained the same as in the previous two years—17.9 percent. This contrasts sharply with the pattern of the last thirty years, when health spending as a share of GDP grew by about 0.3 percent per year.

[Read the entire blog.](#)

### **ACL Webinar Series on the Affordable Care Act**

On Tuesday, January 29, the Administration for Community Living (ACL) will continue its series of webinars on the Patient Protection and Affordable Care Act of 2010 (also known as the Affordable Care Act, or ACA) and its impact on older adults, people with disabilities and the aging and disability networks, focusing on managed long-term services and supports.

Title: *Promising Practices for Medicaid Managed Long-Term Services and*

## *Supports*

Date: Tuesday, January 29, 2013

Time: 3:30 p.m. - 5:00 p.m. Eastern

### Description:

As an increasing number of states move toward developing and implementing managed long-term services and supports systems for older adults and individuals with disabilities, important lessons can be learned from those states that have already made this transition. This month we will examine promising practices for managed long-term services and supports from states with existing programs.

Presenter: Alice Dembner, Community Catalyst

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To register for the online event  
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1. [Click here](#).
2. Click "Register".
3. On the registration form, enter your information and then click "Submit".

Once your registration is approved, you will receive a confirmation email message with instructions on how to join the event.

Please note: Space is limited, so please register as early as possible. This webinar will also be recorded and posted on our [website](#) soon after the webinar.

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## **Webinar Reminder**

### *Suicide Prevention among Older Adults*

Older adults die by suicide at a higher rate than the national average and when older adults attempt suicide, they are more likely to die. Prevention is key to reducing suicide risk among older adults.

This free webinar will discuss risk factors for suicide, screening tools and effective prevention interventions, and provide information about suicide prevention resources available from the Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) and the Administration for Community Living (ACL). A network of community agencies will describe their experience implementing an in-home mental health and substance abuse prevention and early intervention program,

including implementation process, program partners and outcomes realized so far.

This webinar is supported through a partnership between ACL and SAMSHA.

Date: Wednesday, January 16, 2013

Time: 2:30 p.m. - 4:00 p.m. EDT

To register, please [go here](#).

If you experience difficulty registering or signing on, please contact Donna Siu at JBS International, Inc. at [dsiu@jbsinternational.com](mailto:dsiu@jbsinternational.com) or 240-645-4898.

Once the host approves your registration request, you will receive a confirmation email with instructions for joining the meeting. Please register no later than one day prior to the webinar.

You will receive audio call in information when you log-on to the webinar.

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### **Advance Into Future Readiness with the National Resource Center on Nutrition and Aging**

The Administration on Aging-Meals on Wheels Association of American (AoA-MOWAA) National Resource Center on Nutrition and Aging is announcing the launch of *Momentum: Advancing Into Future Readiness*, an exciting new series of events and discussions geared toward providing aging network programs a platform for future-focused dialogue around the evolving role of senior nutrition services. The *Momentum* series will explore promising practices for modernizing senior nutrition programs and engage the larger aging and nutrition networks in exploring opportunities for collaboration and knowledge sharing. The *Momentum* series launches **February 12, 2012** with a webinar (details forthcoming) on the role of quality nutrition programs in the communities they serve led by Jean Lloyd, National Nutritionist with the Administration on Aging.

In conjunction with the launch of the *Momentum* series, the National Resource Center is proud to make available the Nutrition and Aging Online Library, which will serve as a clearinghouse of resources, tools and promising practices geared toward professionals in the nutrition and aging network.

Explore the hundreds of resources available in the [Online Library](#).

Click [here](#) if you are interested in learning more about the *Momentum* series.

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## **Funding Opportunity**

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### **Mitsubishi Electric America Foundation Offers Support for National Projects to Empower Youth with Disabilities**

The [Mitsubishi Electric America Foundation](#)'s (MEAF) National Grants program provides support for innovative model projects of national scope focused on the foundation's mission of helping youth with disabilities lead productive lives through increased employment.

The program seeks to fund innovative projects that help youth with disabilities develop the leadership and employment skills they need to succeed, particularly for careers in science, technology and the environment. MEAF defines youth from birth through college (about 26 years of age). The foundation will also consider projects to create tools that help break down barriers to employment and increase job opportunities for young people with disabilities entering the workforce, including returning veterans with disabilities.

Grants will be provided to nonprofit organizations in the United States with 501(c)(3) status for projects that present an innovative approach leading to measurable employment outcomes for youth with disabilities. Projects should:

- be national in scope or have a definite plan for national dissemination and replication
- promote the full-inclusion of youth with disabilities alongside their peers without disabilities
- promote inclusive competitive employment practices

Preference is given to projects that take place in Mitsubishi Electric community locations or involve Mitsubishi Electric Employee Volunteers. Grant amounts range from \$10,000 to \$75,000 per year, for one to three years. Six to twelve grants are awarded each year.

The foundation accepts concept papers from January 1 to June 1 to be considered for the following year's funding.

For complete program guidelines, application procedures, and the eligibility quiz, visit the MEAF Web site.

[Link to Complete RFP](#)

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## Stay Informed

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### ***This Week's Quick Facts***

In 2010, more than half of adults aged 15 to 64 with severe disabilities received some form of public assistance (59 percent). About 33 percent received Social Security benefits, compared with 9 percent of those with non-severe disabilities and 3 percent of those with no disability.

In 1965, 24 percent of the older population had graduated from high school, and only 5 percent had at least a Bachelor's degree. By 2010, 80 percent were high school graduates or more, and 23 percent had a Bachelor's degree or more.

### **Health Care Law Webinar in Spanish**

The Department of Health and Human Services (HHS) Partnership Center continues to host a series of webinars for faith and community leaders. All webinars are open to the public and include a question and answer session where you can ask HHS staff any questions you may have. You are encouraged to submit questions you would like to have answered on the webinars to [ACA101@hhs.gov](mailto:ACA101@hhs.gov).

#### Webinar Details:

Title: *Health Care Law 101 in Spanish*

Date: Tuesday, January 22, 2013

Time: 2:00 p.m. ET

This webinar will provide a presentation on the main provisions in the Affordable Care Act, the health care law, and how to access care in your community in Spanish.

[Register.](#)

After registering you will receive an e-mail confirmation containing information about joining the webinar. Please contact us at [ACA101@hhs.gov](mailto:ACA101@hhs.gov) if you have registration problems.

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## **Upcoming American Society on Aging-Hosted Webinars**

### *Volunteerism: A Salute to Senior Service*

Are you a senior who wants to get involved in your community, perhaps at your local school or hospital? Or would you like to encourage your senior loved one to become a volunteer, as a way to share their skills and experience? This webinar, Part of the American Society on Aging (ASA) Family Caregiver Support Series and sponsored by Home Instead Senior Care, will detail the many physical and emotional benefits of volunteering. Ways to encourage younger family members to volunteer will also be covered. Intriguing insight into health and happiness benefits and the value older adults obtain by volunteering will be included.

Participants in this web seminar will be able to:

- Identify where and how older adults volunteer and the resulting economic benefits of their volunteering.
- Discover seven direct emotional health benefits associated with being a volunteer.
- List three methods for encouraging younger generations to begin volunteering.

Date: Wednesday, January 16, 2013

Time: 10:00 a.m. PT / 11:00 a.m. MT / 12:00 p.m. CT / 1:00 p.m. ET

[Register.](#)

PLEASE NOTE: This webinar content will be the same as the same titled webinar hosted by ASA on January 9. If you participated last week, but did not have a chance to ask your question, you may be able to do so during the Q&A portion of this webinar. CEUs will also be offered for each session.

### *Senior Transportation and Mobility Management*

This webinar will be presented by the Network on Environments, Services, and Technologies for Maximizing Independence (NEST).

After a brief introduction of the definition of Mobility Management and the activities it encompasses, representatives of Ride Connection, one of the leaders in creating and operating Mobility Management programs, will describe several of their specific programs so that participants have an understanding of how they operate.

Participants in this web seminar will:

- Gain understanding of the scope and range of Mobility Management programs and activities
- Understand which Mobility Management programs and activities will be beneficial to their community and clients, and appropriate or possible for them to undertake
- Learn about resources available for funding Mobility Management programs and activities
- Learn about resources available for further information and technical assistance

Date: Thursday, January 17, 2013

Time: 10:00 a.m. PT / 11:00 a.m. MT / 12:00 p.m. CT / 1:00 p.m. ET

[Register.](#)

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## **NCOA-Sponsored Webinars**

### *Answering the FAQs about Medicare*

Join the National Council on Aging (NCOA) for its webinar, *Answering the FAQs about Medicare*. The webinar will address frequently asked questions NCOA receives via its consumer site, [My Medicare Matters](#).

The webinar is designed for persons who counsel or care for those with Medicare, whether professionally or personally, as well as those aging into Medicare who may want to know more about their coverage options. The webinar will take a look at common concerns, and how to find answers to some not-so-common questions.

#### Agenda:

- Inquiries about Medicare enrollment, including when it may be appropriate to delay enrollment (and how to avoid penalties later)
- Coverage issues, such as vaccinations, second opinions, and what therapies may be available for those who are homebound
- Getting help with Medicare costs

This webinar will be offered twice for your convenience:

Dates: Tuesday, January 22, 2013

Times: 3:00 p.m. - 4:00 p.m. ET

Friday, January 25, 2013

2:00 p.m. – 3:00 p.m. ET



[Register for this webinar.](#)

[Register for this webinar.](#)

Want to get your question answered? [Send an email](#) before the event and we'll try to include it!

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### *Budget Basics: Helping Older Adults Become Savvy Saving Seniors*

For many vulnerable and disadvantaged older adults, the path to economic security begins with basic money management. Learning how to budget, avoid scams, and apply for benefits can help them stay secure and independent longer.

Sponsored by the National Council on Aging (NCOA) and IlluminAge this webinar will explore resources and best practices for community-based money-management education for older adults.

Agenda:

- An overview of the money-management challenges many older adults face in today's economy.
- An introduction to the [Savvy Saving Seniors™](#) program developed by NCOA with support from the Bank of America Charitable Foundation.
- Ideas and insights you can apply in bringing this type of education and support to the older adults you work with in your community.

Speaker: Ramsey Alwin, Senior Director, NCOA Economic Security Initiative

Date: Thursday, January 24, 2013

Time: 1:30 p.m. - 2:30 p.m. ET

[Register](#)

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### **AHRQ Webinar on Innovative Health Care Policies**

How can you successfully use Accountable Care Organization (ACO) principles and financial incentives to improve health outcomes?

Join the Department of Health and Human Services Agency for Healthcare Research and Quality (AHRQ) Innovations Exchange for this free webinar and learn from innovators who will share their experiences and lessons learned.

Title: *Using ACO Principles and Financial Incentives to Improve Health Outcomes*

Date: Tuesday, January 29, 2013

Time: 1:00 p.m. - 2:30 p.m. EST

The following innovations, part of a new focus on innovative policies that promote quality health care, will be featured during this event:

*The Montefiore Medical Center* established an infrastructure based on ACO principles, improving the management of diabetes, asthma, and congestive heart failure and reducing hospital admissions, readmissions, and medical expenses among several key populations. [Read the innovation profile.](#)

*Blue Cross Blue Shield of Michigan* provides financial incentives and supports provider-led quality improvement collaboratives, significantly improving quality, reducing costs, and generating a positive return on investment. [Read the innovation profile.](#)

[Register.](#)

[More information, including the speakers' bio.](#)

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## **Tools & Information**

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### **SSA Launches New Resource Tool**

Last week, the Social Security Administration (SSA) expanded its available resource services with the launch of my [Social Security account](#).

Using this online account, more than 60 million people who receive Social Security or Supplemental Security Income (SSI) will now be able to immediately request and receive benefit verification letters online. Last year, SSA processed almost nine million benefit verification requests. Beneficiaries will also have access to their payment history and earnings record.

In addition to the benefit verification letter, Social Security beneficiaries can now start or change their direct deposit, and change their address using their *my Social Security* account. Individuals not receiving benefits can create a *my Social Security* account and quickly receive their online Social Security *Statement*.

Please join us in encouraging individuals age 18 or older to sign up for an account.

For more information, including sample Twitter and Facebook posts that you can use to spread the word with others, please see the [press release](#) on *my Social Security* account.

To learn more about this new resource tool, the Social Security Administration also invites you to participate in a conference call on Wednesday, January 16, 2013 at 1:30 p.m. EST.

To participate, please dial 1-800-967-7149 and enter the passcode 693288#. (Don't forget to press the # sign)

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## **Recent Reports, Announcements and Journal Articles**

### [\*Prescription Drug Misuse Remains a Top Public Health Concern\*](#)

Source: Department of Health and Human Services Substance Abuse and Mental Health Services Administration

Date: January 8, 2013

### [\*What It Will Take to Achieve the As-Yet-Unfulfilled Promises of Health Information Technology\*](#)

Source: *Health Affairs*

Date: January 2013

### *U.S. Health in International Perspective: Shorter Lives, Poorer Health*

[Read the report brief](#) that summarizes the main findings

[Watch a short interview](#) with the chair of the committee

[Explore this interactive chart](#), which allows the reader to examine how the U.S. compares to 16 "peer" countries—other high-income democracies—on specific causes of death such as heart disease, HIV/AIDS, violence, and traffic accidents.

Source: National Academy Press

Date: January 10, 2013

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## **January Observances**

### *National Birth Defects Prevention Month*

Resource: [Centers for Disease Control and Prevention Birth Defects Web page](#)

### *National Glaucoma Awareness Month*

Resources: [Centers for Disease Control and Prevention Vision Health Initiative webpage](#); [National Eye Institute Glaucoma webpage](#)

*National Slavery and Human Trafficking Prevention Month*

Resource: [Department of Homeland Security Blue Campaign](#)

*Martin Luther King, Jr., (MLK) Day of Service* (January 21, 2013)

Resource: [Corporation for National and Community Service MLK Day of Service webpage](#)

*Earned Income Tax Credit (EITC) Awareness Day* (January 25, 2013)

Resource: [Internal Revenue Service EITC Awareness Day webpage](#)

*National Drug Facts Week* (January 28-February 3)

Resource: [National Institutes of Health National Drug Facts Week webpage](#)

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